



News from the Farm



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Monroe, Wisconsin

Announcing... This Year's Harvest Fest

GET out the eraser AND your road map.

When: This year's Harvest Fest at the farm is officially confirmed for Saturday, September 17. Erase the previously mentioned Sunday date and put Saturday in ink. Rain or shine, you and your family and friends are invited out to Monroe for a tour of the farm and dinner on the "veranda." or in the packing shed, in the event of rain.

Where: The address for the farm is N4596 Dutch Hollow Road, Monroe, WI. We recently established the address with the U.S. Post Offices, so you may be able to get GPS directions. If your GPS doesn't know what to do with that address, please e-mail us and we will respond with a MapQuest link. Travel time from capitol square in Madison is about 40 minutes (35 miles). Travel time from

Clark and Berwyn in Chicago about 2 hours and 20 minutes (123 miles).

Time: We will be set up for guests by 3:00 p.m., with beverages and ice provided (but, of course, you may BYOB, too). We will have slow pitch softball equipment, farm walks, and an opportunity to meet the animals. We do not have outside lighting for nighttime events, so dinner will start around 5:30 p.m. However, for those with nighttime vision, there will be a campfire with the traditional s'mores, too.

Bring: A dish to pass that will accommodate 6 servings. We will provide the main course, a grill smoked turkey and plates and napkins. It would be appreciated if you bring your own cup or mug and silverware, but we'll have disposables, if you forget.

Also bring: Your

camera (there are abundant photo opportunities), sunscreen, insect repellent, a flashlight, and a folding chair.

Attire: White tie and tails.... Just kidding. Try this: sturdy shoes (open toed shoes are definitely a safety hazard on the rough farm paths), socks and long pants, a sweater or sweat-shirt for the evening, if you will stay for the campfire, and rain gear, if it seems like it may be threatening.

Thinking about staying overnight? You may primitive camp on the property, water and electricity are available or camp at New Glarus Woods State Park, about 15 miles from the farm. Reasonable motel accommodations are available in Monroe, also. Green County is the cheese-making center of Wisconsin. Check it out: <http://www.greencounty.org/>



Special points of interest:

- Announcing...
- Hats On To You!
- GMO Foods
- Recipes using this week's produce
- Questions and Answers

What is in your share box this week?

Edamame

Potatoes

Baby Leeks

Tomatoes

Green Beans

Garlic

Sweet Onions *

Kale

Basil

A few notes: If you store potatoes in the fridge,

take them out 12 hours before you use them for best "potato" flavor.

* Featured Produce this week



Hats On To You!

As I was selecting pictures for the article on our Harvest Fest, I became aware of the variety of head gear worn on the farm. Here are some candid shots, just for your amusement. If you come out for a visit, bring your hat, too!



Another News Tidbit on GMO Crops

A new report by the Union of Concerned Scientists, Failure to Yield, evaluates the performance of genetically engineered crops. These high-tech seeds are getting a failing grade. The authors say, "Based on [the] record, we conclude that GE has done little to increase overall crop yields," but they certainly have increased the sales of Monsanto's Roundup herbicide!

Farmers are facing a new breed of super weed that has developed its own "herbicide tolerance," the old-fashioned way: selective breeding. There are now 10 resistant species in at least 22 states in-

festing millions of acres, predominantly soybeans, cotton and corn.

Not only are genetically engineered crops failing to deliver on the promise of increased yield, the millions of gallons of herbicide tilled into the soil before planting and sprayed on crops after they have sprouted is causing damage to the soil itself and draining into waterways and leeching into water tables.

What is the alternative? A return to traditional farming practices combined with organic agriculture in a "neo-traditional food system."



Only Certified Organic... not a GMO in sight.

Questions and Answers

Q. Do purple potatoes have any more nutrition than "regular" potatoes?

A. Actually, purple potatoes retain minerals better than "regular" potatoes. They make excellent frying potatoes and colorful chips. Try a red, white and blue potato salad!

There are several other names for this variety of potato, Purple Marker, Russian Blue, Congo, and Blue of Sweden. The purple color lightens up when cooked and, although they make excellent mashed potatoes, the color is an less than appetizing gray.

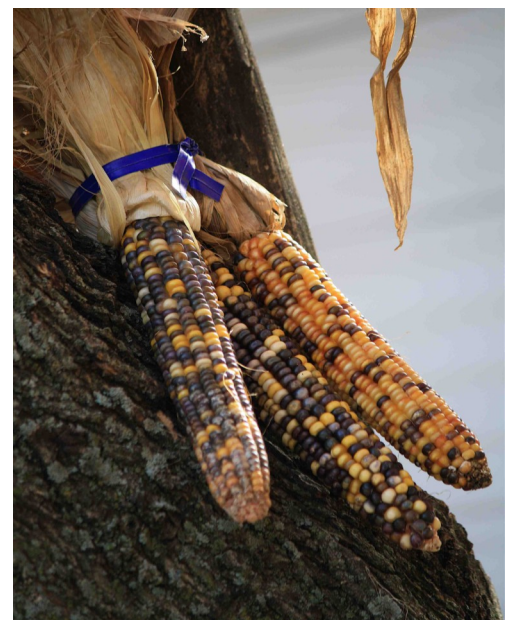
The purple color comes from a substance called anthocyanin, a

powerful antioxidant, so, in short, yes, purple potatoes have more nutrition than white potatoes.

Q. What do you do with all the trimmings from the vegetable washing operation?

A. We always compost plant wastes. There is a large compost corral not too far from the packing shed.

Also, we are raising pork this year and the high quality waste takes a trip through the pig trough. Can you believe pigs love cucumbers and zucchini? We don't waste a thing.



Featured Produce— Sweet Onions

THIS staple of most kitchens is packed with flavor, versatility, and micronutrients, as are most root vegetables.

The onion family has many members, but sweet onions are found in virtually every cuisine around the world. Evidence exists of onions being part of a meal as far back as 5000 BC! Interestingly, the Egyptians actually worshipped onions, believ-

ing their round shape and concentric rings represented immortality.

The ubiquitous onion contains chemical compounds believed to have anti-inflammatory, anticholesterol, anticancer, and antioxidant properties, such as quercetin. For all varieties of onions, the more phenols and flavonoids they contain, the more reputed antioxidant and anticancer activity they provide.



Vegetarian French Onion Soup

This is my favorite version of French Onion Soup from the Meade Inn in Wisconsin Rapids, WI. Traditionally from dry yellow onions, the sweet onion results in richer, deeper flavor.

4 onions (about 1 pound total), sliced thinly
 1 t. salt
 3 T. butter
 5 c. vegetable broth* and/or water
 ½ t. dry mustard
 ¼ t. dried thyme
 2 T. dry white wine

2 T. soy sauce
 4 slices French bread, toasted
 Big handful grated Gruyere cheese
 White pepper, to taste

Melt the butter in a pan over a medium heat, then add the onions and salt and cook them for 10 minutes, stirring now and then, until they start to caramelize (hint: add 1/4 t. sugar to help with the caramelization). Add the thyme and mustard and mix well. Cover the pot and simmer the mixture over a low heat

for half an hour. Add the broth or water, wine, soy sauce and pepper and simmer for 10 minutes more.

Ladle the soup into 4 heat-proof soup bowls and top with the French bread and cheese.

Broil for a couple of minutes, until the cheese melts.

*I like Kitchen Stock Vegetable Broth in the cardboard carton, if you don't make your own.

Roasted Whole Onions

You won't believe how simple this dish is and how totally excellent the results are!

1 large whole onion per person
 Olive oil
 Sea salt

Wipe the surface of the onion clean. Do not peel. Do not cut off the root or the top. Arrange on-

ions in a pie plate and place in a 375° oven for approximately 1 hour or until the onion feels soft.

Remove from the baking dish and slice down the side of the onion, cutting open the brittle skin. Scissors work well. Scoop out the roasted onion and present on the plate in a tumbled stack, drizzle with olive oil and season to taste.

A Word About Our Nomination for an Award

MAESAC, the Madison Area Community Supported Agriculture Coalition, has nominated Grassroots Farm for an award administered by Family Farm Defenders, the John Kinsman Food Sovereignty Award. We are wrapping up our presentation (a video) today. Keep your fingers crossed. In any event, the video will be available through our website in a few weeks.